



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 35176, Buffalo, free range, top round steak, cooked (Shoshone Bannock)

Report Date: May 31, 2017 02:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	64.28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Energy	kcal	146	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	612	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein	g	32.51	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Total lipid (fat) ¹	g	1.80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Ash ¹	g	1.22	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Minerals													
Calcium, Ca ¹	mg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Iron, Fe ¹	mg	3.76	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Magnesium, Mg ¹	mg	27	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phosphorus, P ¹	mg	246	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K ¹	mg	376	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sodium, Na ¹	mg	41	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Zinc, Zn ¹	mg	5.06	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Copper, Cu ¹	mg	0.189	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Manganese, Mn ¹	mg	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Selenium, Se ¹	µg	10.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamins													
Thiamin ¹	mg	0.169	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Riboflavin ¹	mg	0.462	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Niacin ¹	mg	7.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Pantothenic acid ¹	mg	1.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-6 ¹	mg	0.794	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, total ¹	µg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food ¹	µg	8	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	04/2006
Folate, DFE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Vitamin B-12 ¹	µg	1.67	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	04/2006
Vitamin E (alpha-tocopherol) ¹	mg	0.59	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	04/2006
Tocopherol, beta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	04/2006
Tocopherol, gamma ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	04/2006
Tocopherol, delta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	04/2006
Lipids													
Fatty acids, total saturated	g	0.595	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	04/2006
10:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	04/2006
12:0 ¹	g	0.001	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	04/2006
14:0 ¹	g	0.018	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	04/2006
15:0 ¹	g	0.008	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 ¹	g	0.264	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:0 ¹	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0 ¹	g	0.278	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:0 ¹	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	0.614	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 ¹	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated ¹	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated	g	0.582	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 c ¹	g	0.525	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 t ¹	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:1 ¹	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.171	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated	g	0.113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:2 n-6 c,c ¹	g	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:2 t,t ¹	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 n-3 c,c,c (ALA) ¹	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 n-6 c,c,c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:2 n-6 c,c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:3 undifferentiated ¹	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated ¹	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total trans	g	0.088	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fatty acids, total trans-monoenoic	g	0.057	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Cholesterol ¹	mg	82	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Amino Acids													
Tryptophan ¹	g	0.341	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Threonine ¹	g	1.287	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Isoleucine ¹	g	1.407	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine ¹	g	2.593	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine ¹	g	2.266	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine ¹	g	0.905	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine ¹	g	0.347	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phenylalanine ¹	g	1.251	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine ¹	g	1.093	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Valine ¹	g	1.454	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine ¹	g	1.929	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Histidine ¹	g	1.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Alanine ¹	g	1.831	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Aspartic acid ¹	g	2.839	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Glutamic acid ¹	g	4.645	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine ¹	g	1.371	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline ¹	g	1.224	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Serine ¹	g	1.332	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA AIAN NFNAP Shoshone-Bannock, Fort Hall, Idaho, 2003 Beltsville MD